08 Sporting champions

10 Here to serve

27 Legends return

thenewhammag

issue 344 // 1 –14 July 2016 // Every fortnight

Mayor's Newham Show

Come along and enjoy the fun (p17)

Look out for the next issue from **15 July 2016.**

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Newham London

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News

Praise for curbing bad landlords

The work done by Newham Council to protect tenants from the grip of criminal landlords in the private rented sector has been praised by the Residential Landlords Association (RLA).

The RLA released figures using Freedom of Information data showing low levels of enforcement of rented housing regulations by local authorities.

According to the data, 255 councils had issued just 827 prosecutions against landlords over the past five years following notices being issued to improve a property.

The RLA said this was in stark contrast to Newham where since January 2013, there had been more than 800 prosecutions of landlords.

RLA Chairman Alan Ward said: "Newham Council shows that with the will and resources, councils already have the powers needed to protect tenants from bad landlords. Unsafe and insanitary housing has no place in the 21st century."

Newham was the first local authority in England and Wales to introduce licensing across the borough. More than 24,000 landlords have licensed 36,500 properties.

The council has carried out more than 300 operations with police, Customs officials and the Home Office. In addition to 800 prosecutions, 28 landlords have been banned from operating in the borough, forcing them to hand over management of their properties to reputable managing agents or sell them.

Neighbouring properties have also benefited from the scheme as anti-social behaviour notices served on rental properties have dropped 61 per cent, and the council has also secured an extra £1.3 million in Council Tax.

Currently the council is investigating a large number of properties suspected of being used as illegal bedsits, operating without both planning permission or an appropriate licence.

Mayor Sir Robin Wales and Cabinet have already agreed that there should be a public consultation as part of preparing a business case to propose the current licensing scheme, which is due to expire in 2017, be renewed.

The Mayor said: "Our pioneering scheme has helped to reduce anti-social behaviour in rental properties by more than 60 per cent and we continue to prosecute landlords who don't care that their tenants are living in squalid, overcrowded conditions."

Some of the horrendous conditions the council has found

More than 800 prosecutions of criminal landlords

News

Enterprise zone is good for business

Newham Council hosted a delegation from Bangladesh led by the country's Land Minister Shamsur Sherif, who was keen to discover more about the borough's regeneration potential and the Royal Docks enterprise zone.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, welcomed Mr Sherif and James Wharton MP, Government minister with responsibility for enterprise zones, to the council's Newham Dockside offices.

Councillor Clark said: "Despite it being a whistle-stop tour the Bangladeshi delegation wanted to come here to share our experience as an enterprise zone. They are looking to establish similar zones in selected areas in Bangladesh that will generate employment and investment business, particularly from abroad. We had a good story to tell them."

The delegation enjoyed a tour of the Royal Docks before visiting Newham Dockside and the offices of ABP, who are planning a financial and business district in the Royal Docks.

Cllr Clark, left, with Mr Wharton, Mr Sherif and ABP officials

Cllrs Alarice and Laguda take to the dance floor

Residents keep well and stay safe

Dancing and zumba was the order of the day for residents at a keep well, stay safe event organised by Newham Council's Plaistow community neighbourhood team working with local people.

The fun at Plaistow Library in North Street offered families an opportunity to gather information about good health and family safety as well as try new activities including flash zumba, cake decorating, massage, face painting and henna designs.

Plaistow councillors Joy Laguda and Aleen Alarice were among those who joined residents on the dance floor while Councillor Forhad Hussain helped hand out information about events going on in the neighbourhood and safety advice.

Councillor Hussain, Cabinet member for crime and anti-social behaviour and building communities deputy, said: "This was an enjoyable family event that promoted well-being and personal safety while bringing people together to have fun at the same time."

Bangladeshi delegation see regeneration potential

...in brief

In the market for fun

A community market run by residents has been awarded £5,000 from the Evening Standard newspaper's Dispossessed Fund, which supports groups tackling poverty.

Cllrs Susan Masters, Veronica Oakeshott and Ann Easter join others at the market

The Greatfield Residents Association in East Ham run the market four times a year at St George and Ethelbert's church hall in Burford Road. The money donated from the fund will help people set up stalls to sell products they have made or grown themselves.

Their event in June saw stalls selling vintage items and vinyl records to jams, cakes and plants. There was also a bouncy castle and fun for children run by the local Scouts. Future market dates are 10 September and 10 December.

Greatfield community market project officer Sue Sinton Smith said: "This was the first market since we gained funding from the Evening Standard so it was good to celebrate that. The market is a great community activity and is always supported by Newham councillors."

Flags tribute to tragic MP

Union flags at East Ham and Stratford town halls were lowered to half-mast in tribute to Jo Cox MP who was killed in tragic circumstances before a constituency surgery in West Yorkshire.

Mayor Sir Robin Wales said: "The tragedy brought back memories of when our own East Ham MP Stephen Timms was attacked at one of his surgeries six years ago.

"Stephen, as with all politicians, knows the importance of meeting residents in community locations. Jo's death should inspire us to keep working on behalf of those who elected us, just as she did."

Result of Euro vote

Newham residents had their say in the referendum on the United Kingdom's membership of the European Union.

The number of people who voted to remain a member of the European Union was 55,328. The number of people who voted to leave was 49,371.

Newham's referendum count took place at the Lee Valley VeloPark in Queen Elizabeth Olympic Park. The turnout was 59.25%. The size of the Newham electorate was 176,985.

By-election candidates

Four candidates will contest the vacant seat in the Forest Gate North ward by-election on Thursday 14 July.

The candidates are Anamul Islam (Labour Party), John Oxley (Conservative Party), James Alan Rumsby (Liberal Democrats) and Elisabeth Jane Whitebread (The Green Party).

The vacancy has arisen following the resignation of former councillor Ellie Robinson to take up a senior adviser role with the Mayor of London, Sadiq Khan.

New housing register online

Newham Council's improved online housing register system is going live on Monday 4 July, making it simpler and quicker for applicants to join the housing register.

New applicants who expressed an interest in joining the register during the recent temporary closedown will have their registration backdated to the date they expressed an interest. To complete the process you must submit your online housing register form by Sunday 31 July. For details visit **www.newham.gov.uk/housingregister**

55,328 Newham residents voted to stay in the EU; 49,371 voted leave

Mayor's view

Degrees of inspiration

I went to the University of East London (UEL) campus in the Royal Docks to help launch four new degree apprenticeship courses which, from September, will see 200 students earning a wage while learning relevant skills at the same time.

These new vocational programmes in construction site management, construction design management, civil engineering site management, and digital and technology solutions, will be delivered on a day-release basis, meaning apprentices will attend UEL to acquire the relevant professional knowledge and practical skills while in employment.

"We must meet the demands of a thriving industry, while providing sustainable routes into employment for our residents."

For too long, skills provision in this country hasn't been up to scratch because employers, education providers and local authorities haven't worked in partnership to make sure the skills people gain are actually suited to the jobs that are available.

It is simply immoral to sign young people up to courses, raise their hopes and expectations, take their time and money, and then face a situation where the skills they come out with won't land them the jobs they need and want.

Regeneration across the borough means the construction industry is booming with billions of pounds of investment flowing into our communities. Therefore we must meet the demands of a thriving industry, while providing sustainable routes into employment for our residents. These apprenticeships are a great example of this and it is good to see the university committed to working with employers to meet their needs.

As a council we already work with contractors who are leads in apprenticeships. Balfour Beatty, Lendlease, Galliford Try, Crossrail and Tideway are key partners on major infrastructure and housing projects in the borough.

Our employment service Workplace has also just started working with the Lloyd's Banking Group Construction Fund to promote apprenticeships in schools so that young people have viable pathways into skilled construction careers, both on site and in managerial roles.

All these new vocational programmes are going to meet the needs of employers because our young people will have the transferable skills, attitudes and behaviours and workplace knowledge that companies are looking for. This really is a fantastic time to be a young person in Newham.

Helping to launch the courses with Cllr Terry Paul, right, and VIPs

Mayor about town

Community spirit must never leave us

We must respect that the people have spoken across the United Kingdom and voted against remaining a part of the European Union.

Local government everywhere is going to be central in bringing communities together following this vote. In Newham we will continue to work with our neighbours and encourage all residents to come together and respect each other irrespective of their ethnicity or background.

The borough has changed over the years, but the one constant has always been the spirit of our community and people getting on well together. Our diverse population will always be our greatest strength. That's why we all must rally against the politics of fear or hate to ensure Britain remains a safe, inclusive society. Everyone, including European citizens from outside the UK, who wants to work hard, pay taxes and contribute to our community, is welcome here in Newham, and that will not change.

Let's continue to be a strong and cohesive community. We can do that at the Mayor's Newham Show and Carnival in East Ham's Central Park next weekend (9 and 10 July). I'd be delighted to see everyone there.

At last year's Mayor's Newham Show

With West Ham Sea Cadets at the Big Lunch

Great Britannia is full of life

There is always a vibrant atmosphere whenever I visit the community in and around Britannia Village Hall in West Silvertown. There was a real buzz about the centre and on the green space nearby when I was invited to attend their Big Lunch event to celebrate The Queen's 90th birthday.

It is a welcoming place where there is a host of activities for toddlers, children and young people as well as social and sports activities for everyone in the community. It's just a great place to meet people and those who were taking part in the kids' races, jumping on the inflatables, or simply enjoying the great music, dance, and food, can vouch for that.

It is really important that we can have hubs like this at the heart of our communities where people can get to know their neighbours.

Sporting pupils inspired to have fun

Some of them tried handball, basketball and table tennis; others tried cycling or just discovered new ways to be healthy. But most of all, almost 450 primary school children who took part in the Newham Games had fun.

They came from all over the borough to the Copper Box Arena in Queen Elizabeth Olympic Park to take part in a multi-sport festival designed to give them a chance to find a new activity to enjoy.

The event was organised on behalf of Newham Council by the charity SportInspired, with support from sponsors including developers Lendlease and Taylor Wimpy, Tesco, L&Q housing association, the Financial Services Authority, BP, the West Ham United Foundation and young leaders from nearby Chobham Academy.

> "It was fantastic to see children enjoying the legacy of the 2012 Games at one of the Games venues."

The young people took part in table tennis, wall ball, handball, basketball, athletics, dance, cycling, boccia and goalball. There were also activities based on healthy living. The aim was for each of them to enjoy themselves, try new or unfamiliar activities, develop a sense of team spirit and see the benefits of fair play.

The young people from Gallions Primary School, E6, Godwin Junior School, E7, Park Primary School, E15, Carpenters Primary School, E15, St Helen's RC Primary School, E13, and Plaistow Primary School, E13, were split into teams and competed for trophies that included one for overall team points and another for team spirit.

Newham councillors Mas Patel, Forhad Hussain, Terry Paul and Ann Easter went to cheer the youngsters on. Councillor Hussain, Cabinet member for crime and anti-social behaviour and deputy for building communities, said: "The Newham Games were designed to help children find a locally available sport they enjoy and want to continue with. SportInspired will now help us set up some of these sports in our schools.

"This was the third of a series of primary school sports events, each one bigger and better than the last. We aim to run this as an annual event for all Newham primary schools. The feedback from the children taking part in the event has been very positive."

The different sports were a hit with the children. Anna Hadliva, from Park Primary School, said: "I will remember all the sports because they were all fun." Adam Paesier from Godwin Junior School said he liked goalball because "it was new and challenging". Amalia Nedelcy from St Helen's Primary School said: "It doesn't matter if you win or not, it matters how much you participated in the game."

Councillor Hussain added: "It was fantastic to see children enjoying the legacy of the 2012 Games at one of the Games venues. We thank all our partners for contributing to the event."

Children, volunteers, teachers and young leaders who took part were asked what they thought of the day:

- **98% of pupils said they found a sport they would like to play again;**
- **84% of young leaders said they developed confidence**
- **92% of volunteers said they would recommend the experience to a friend or colleague**
- **100% of teachers said they would like to set up a new sports club**
- **90% of children said they were likely or very likely to play sport more often.**

Super Sporty
Plaistow
100
Players

New Deal For Newham

Helping people to help themselves

One of Newham Council's promises as part of our New Deal with residents was a commitment to tackling anti-social behaviour and making sure people felt safe. The commitment also placed an emphasis on residents to become active in their community and take responsibility for tackling issues where they lived.

Jason Pearson, the dedicated ward officer (DWO) for the Wall End area in East Ham sees himself as the conduit between the residents he serves as a law enforcement officer and the services Newham Council provides.

"I like to help people and solve problems," he said. "I find it really rewarding – it's improving people's quality of life. I regularly patrol the entire ward and conduct my duties, which could include anything like dealing with fly-tipping, anti-social behaviour, rubbish, and parking problems to abandoned vehicles and private landlords."

Although born in Poplar, Jason, 47, spent much of his childhood in East Ham where his grandparents lived in Watson Avenue. He has been an enforcement officer for seven years.

He said: "I worked for 15 years in several luxury hotels however, I decided I wanted to help the community at large. One of my incentives was to be able to improve the quality of life for others or to help them to help themselves. This is why I became an enforcement officer.

"When I was working in the hotel business in Canary Wharf I saw stars like John Travolta and Halle Berry, but it was all a world away from real life and from where I was living. That kind of frustration was growing on me until my wife saw an advertisement for the role of law enforcement officer and it ticked all the boxes.

"Sometimes it is about helping residents to get organised so that they can help themselves. People don't realise

Jason Pearson

that they have a lot of power. All I do is give them a little nudge. They can form a committee, contact their councillor or start a petition."

Jason enjoys being able to empower residents with the knowledge and the ability to do things under their own steam. He said: "I have lots of friends and family in Newham. I know there are many challenges but I have always believed in the potential of Newham and its people. The actor Idris Elba used to live on my road and look what he has achieved. I have seen for myself that even the smallest, incremental changes can achieve huge results over time.

"Recently, a resident in Wall End ward was organising a street party. Sadly she had a bad fall and broke her arm and her wrist. I helped some of the ward residents get together and we managed to get things finished in time.

"I saw lots of neighbours meeting and conversations occurring. Many ward residents said that they had enjoyed it so much that they wanted to plan another. I find things like this encouraging and it reminds me that the secret to improving Newham is written on almost every street sign and it is the council's motto: Progress with the People."

If you want to report anti-social behaviour visit www.newham.gov.uk or call the enforcement and safety team on 0208 430 2000.

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Sir John Cass's Foundation

Hosted by
TV tech expert Jason Bradbury

London Design & Engineering University Technical College (LDE UTC) are hosting the first London Festival of Design & Engineering on Saturday 23rd July 2016.

SportsDock, University way, Docklands, E16 2RD.

Doors open **10:00 – 16:00**

This **FREE** one day festival will celebrate all areas of Design & Engineering, showcasing the latest tech and gadgets. Come and enjoy lots of hands on activities for all the family.

Reserve your free ticket here:
http://london-festival-design-engineering.eventbrite.co.uk

www.ldeutc.co.uk

Please arrive by public transport

Gadgets given new life at Restart Party

Laptops, phones and a hedge trimmer were some of the electrical items brought back to life at an event to encourage residents to get rid of their rubbish responsibly.

The Restart Party, held at Stratford Library, was the result of Newham Council, Keep Britain Tidy, the East London Waste Authority and the Restart Project working together to help residents get their gadgets repaired and learn some electrical DIY.

A team of experienced repair volunteers helped residents bring their broken items back to life, passed on some maintenance knowledge and also spoke to a group of schoolchildren about the project.

Most of the items brought in, including computer tablets and a tape recorder, were repaired.

Mohammad Fiaz, from Forest Gate, who had his hedge trimmer restarted by volunteer Alvin Hardy, said: "I feel very lucky to have people in my community who are willing to share their repair skills to stop electrical equipment like this hedge trimmer going to waste."

In April, Newham Council launched the Keep Newham Clean initiative encouraging residents to take pride in their area and dispose of their rubbish responsibly. The Restart Party was another way Newham Council encouraged residents to consider how they throw away their waste.

Councillor Ian Corbett, mayoral adviser for environment and leisure, said: "This event shows that many of the items we think are no longer useable can actually be brought back to life, saving residents money and helping to protect the environment. Events like this help us all to Keep Newham Clean."

For more information about other Restart Parties, visit **www.recycleforyourcommunity.com** or for details about recycling in Newham visit **www.newham.gov.uk/recycling**

1

Newham in pictures

1 It's one in a minion! Children at St Stephen's School and Children's Centre in Whitfield Road, East Ham, E6, having fun. **2** It's our party! Two guests at Bonny Downs Community Association enjoyed a party for The Queen's 90th birthday at the Well Community Centre, East Ham, E6. **3** Take That! Youngsters enjoy a family fun day at Britannia Village Hall in Evelyn Road, West Silvertown, E16, to celebrate The Queens's birthday. **4** My move! Primary school children took part in a chess tournament at the Old Town Hall, Stratford, E15. **5** Almost done! A young attendee at the Keep Well, Stay Safe event at Plaistow Library in North Street, E13.

Newham London

Newham provide weekly rubbish collections

Please use your bins

Keep Newham Clean

www.newham.gov.uk/clean

FREE

Newham London

The MAYOR'S NEWHAM SHOW

featuring *The Mayor's Newham Carnival* on Saturday

Saturday 9 & Sunday 10 July, 12noon-6pm, Central Park, East Ham, E6

Two days of fantastic FREE family fun

EIGHT PAGE SPECIAL

There are so many fantastic **FREE** fun-filled activities happening that we can't tell you about everything. We can however give you a flavour of what's on offer. All activities take place on both days, from 12noon to 6pm, unless specified.

Mayor of Newham

SATURDAY 9 JULY

Here's our guide on how you can make the most of a packed weekend of family fun and entertainment. All activities can be enjoyed throughout the whole weekend unless a time is specified.

After entering Central Park, be sure to pick up a Mayor's Newham Show guide at one of our two information points. It includes a map so you'll know where to head to try out new activities or where the nearest toilet or catering outlet is located. It also contains full listings for the Main Stage, Children's Stage and Cabaret Tent but as all programming is subject to change - be sure to visit **www.newham.gov.uk/mns** for updated listings or ask a member of staff.

If you have little ones, they are sure to drag you to the Main Stage to see **Chase & Marshall from PAW Patrol** at **12.30pm**. Arrive early for a good view. After Storytime sessions, they will be available for meet and greet opportunities. There will also be a **Teddy Bears' Party** on the Children's Stage, where CBBC's Ben Shires will introduce the acts throughout the weekend.

Head to the Hobbies and Crafts area and try some different family activities including jewellery making, balloon art and mehndi – the Indian hand-painting art.

The Mayor's Newham Carnival will depart from High Street South at **2pm**. Join the crowds lining the streets of East Ham as more than 2,000 Newham school children and community groups parade in a vibrant display of dance, music and colour. The theme for this year's parade is 'Turning the Pages' celebrating the wonderful power of literature inspired by William Shakespeare, Charlotte Bronte, Beatrix Potter, Roald Dahl and A. A. Milne's Winnie the Pooh.

On the Main Stage, East London Dance presents Kloe Dean (a member of Boy Blue Entertainment) with her all-female hip hop dance company **'Myself UK Dance'**. Alternatively if you want to see a dynamic female aerialist in action make your way over to the Cabaret Tent.

Hobbies and crafts

The Mayor's Newham Carnival

The Mayor's Welcome

Summer's my favourite time of the year – the weather is better, the days are longer and the children are getting ready for their long school holiday.

It's also the time we get to roll out our summer of fun, starting with the Mayor's Newham Show and Carnival – a whole weekend just packed with free fun and activities for the young and old and everyone in between.

There will be something for all to

enjoy, so come out with your family and friends, have fun, meet your neighbours, make new friends or learn something new.

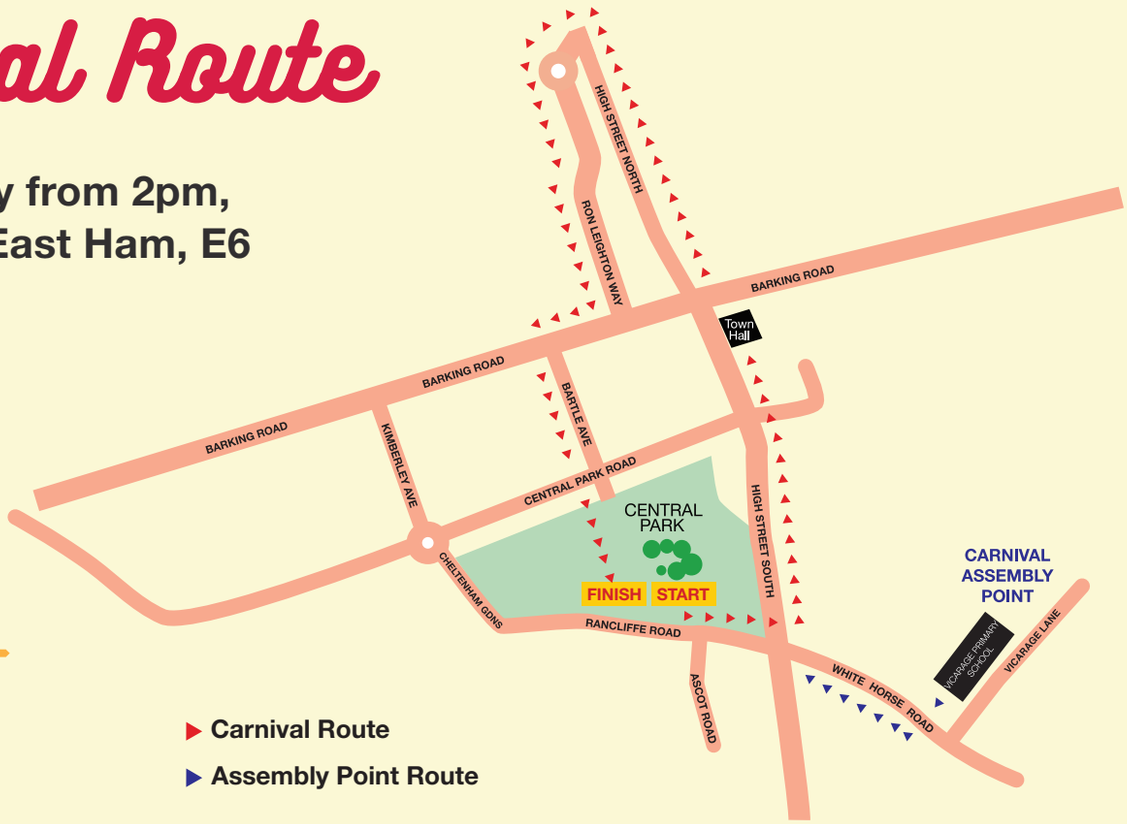
I'll be out and about during the weekend so come and say hello.

You will have plenty of time to visit the Newham Seaside, the Cabaret Tent and the chance to taste a variety of foods from our 18 catering outlets.

The little ones can go on a mini-beast hunt if they get tired of the donkey rides or the paddling pool. See you there.

The Mayor's Newham Carnival Route

Saturday 9 July from 2pm, Central Park, East Ham, E6



Love Food, Hate Waste

Get Active on a trampoline

You'll have another opportunity to see **Chase & Marshall from PAW Patrol** at **3pm** if you missed out earlier on, this time on the Children's Stage. Meet and greet opportunities will follow straight after, and again at 4.20pm.

Ready for something more active? Visit **activeNewham**, the council's leisure provider who will be holding interactive dance, aerobic and fitness sessions right in the heart of the park. You can try out a vast range of activities and sports including martial arts, zumba, boxfit, and sitting volleyball.

After you've caught your breath, maybe it's time to find out how healthy you really are. **activeNewham** will have a range of experts on hand to talk to you about your long-term health and wellbeing. This includes lifestyle advice and information on the type of diet and physical activity for a healthier, happier life.

The Newham Seaside will provide sun, sand and a live steel band. You can whoosh down the helter skelter, build a sandcastle, or pull up a deckchair for some peace and quiet while the children enjoy the paddling pool, donkey rides or a mini-beast hunt run by the Newham Mag.

Visit Love Food, Hate Waste's The Big Freeze, a fun way for the family to learn how to use their freezer to waste less food and save money. Win prizes, find out if you can freeze food products, including milk, bread, soft cheese and eggs and learn how you can shave up to £60 off your shopping bill.

Meet the Newham Council's outdoors team to find out about your local park or community garden, take part in some 'go wild' activities, meet some mini beasts and try some gardening.

End a fantastic day of **FREE** fun with headline act and 80s disco legends **Odyssey**. Sing and dance along to their chart hits including 'Going Back To My Roots' and 'Use It Up And Wear It Out'.

If disco isn't your thing, enjoy the traditional funfair (the only activity that you will have to pay for) or check out the Cabaret Tent where the energetic and talented Brady and the Bunch will perform popular songs ranging from Queen to Bruno Mars.

Rastamouse & Da Easy Crew

SUNDAY 10 JULY

Take part in **Discover Children's Story Centre's** interactive storytelling show based on The Cat in the Hat. You might even get the chance to dress up as Thing 1 and Thing 2. After the show, don't miss your chance for a photo with The Cat in his incredible car. Performances take place at **12.30**, **2.30** and **4.30pm** on both days.

Newham's Every Child a Musician programme will be hosting interactive sessions with tutors and offering lessons on a variety of instruments including the trumpet, guitar, trombone, ukulele and keyboard. Catch their performances on the Children's Stage throughout the weekend.

Check out **Rastamouse & Da Easy Crew's** wicked riddims an' irie vibes as they jam out on the Main Stage from **12.45pm**. Meet and greets take place at **1.40pm**.

If you want to learn some local history, visit the **Newham in the Great War Exhibition** in the Cenotaph Area, read the remarkable stories and see the commemorative paving stones of Newham's greatest war heroes and Victoria Cross (VC) recipients. A special Jack Cornwell VC exhibition featuring his naval career in pictures and a replica of his VC medal will also be on show.

Staying with the uniformed theme, join in with the Sea Cadets as they showcase

Newham's Every Child a Musician

Odyssey

All programming is subject to change.

activities including Morse code, drumming, and navigation techniques.

Mini Pioneering

Newham Scouts will be mini pioneering and the Volunteer Police Cadets will be carrying out stop and search procedures and CSI style crime scene investigations. The British Army, London Fire Brigade and G Company 7 RIFLES will also be in action throughout the weekend.

Expect a phizz-whizzing and fantastic time in the Children's Entertainment Area as we mark 100 years since the birth of Roald Dahl. This year's theme will capture his imagination and mastery for outlandish tales including Matilda, Fantastic Mr Fox, James and the Giant Peach, Willy Wonka and the Chocolate Factory.

The Children's Entertainment Area also has a dedicated baby changing and bottle warming facilitiy.

Visit the Village Fete for traditional family games and activities including Victorian skittles, coconut shy and high striker. More modern activities include mini golf and walkabout street theatre acts. Newham City Farm will showcase their animals including cows and sheep, as well as their smaller ferrets, rabbits and guinea pigs.

Take control of your health and head to our Healthy Newham experts who will be making healthy smoothies and playing fruity fun games.

If you fancy a visual explosion of colour, head to the Main Stage at **2.35pm** to watch **Kuntal's School of Bollywood Dance** with their vibrant costumes and high energy dance moves. Alternatively head to the Cabaret Tent to experience an elaborate juggling display from world record holders **Gandini Jugglers**.

Son Yambu takes to the Main Stage to play some authentic Cuban Son music. If you would prefer something to get the little ones dancing and singing along to, they have another chance to see **Rastamouse & Da Easy Crew**, this time on the Children's Stage at **3pm**. Meet and greet opportunities will follow at **4.05pm**.

Best in Show

Sal Bashir

If you want to get involved with your local community, pop along to the **Community Neighbourhoods** Tent. You can meet your local councillor, take part in storytelling and games, borrow some literacy classics from the mini library and find out more about where you live.

There are prizes in six categories in the **'Best in Show'** competition so remember to bring your masterpiece by **3pm** at the latest on each day of the competition. Visit **www.newham.gov.uk/mns** for more information.

You can also learn about the **Million Mile Challenge**, a new programme to get people physically active but also more involved with their neighbours with the goal of completing a million miles of physical activity within 100 days.

Check out the Festival of Food marquee, with demonstrations from professional chefs. Get involved and cheer on local schools as they compete in cook-off finals. Visit the Community Neighbourhoods Tent at **4pm** to watch the judges evaluate this year's entrants in the **Best in Show** competition.

Find out more about fostering and adoption opportunities in Newham and if you're looking for work or training opportunities, we will provide you with all the information to help you gain the skills you need for the career you want. Speak to our volunteers, find out what they do and how you can make a difference in your community.

Headliners **Candy Apple Blue** will be on the Main Stage at **4.55pm** for an energetic and exhilarating performance and will bring down the curtain on the Main Stage until next year.

Newham fans' favourite **Sal Bashir** will be rocking out the Cabaret Tent **at 5pm** with his Elvis tribute show. If you haven't seen him before, you're in for a rock 'n' rolling time for sure.

It's your last chance to take in the Newham Seaside and all the other fun attractions on offer. If you've tried everything that you wanted to see and do, then chill out with a few drinks in our beer garden, located by the Cabaret Tent.

Newham Seaside

Kuntal's School of Bollywood Dance

New YVC Choir

HAVING A GOOD TIME?

Share your photos, posts and videos throughout the weekend and let us know how much fun you're having. For regular event updates visit:
www.newham.gov.uk/mns

NewhamEvents
@NewhamLondon #NewhamShow

Ashley J & Tee-J

Candy Apple Blue

Son Yambu

SITE MAP

The Mayor's Newham Carnival
Saturday 9 July 2pm
Start Point
High Street South
ENTRANCE /EXIT
ENTRANCE /EXIT
ENTRANCE /EXIT
ENTRANCE /EXIT
7 Rifles
Newham in the Great War
Building Futures
FIRST AID
Bike racks & Dr Bike Services
Sea Cadets
Police Cadets
Scouts
Donkey rides
Carousel
The Main Stage
GreenSpace
Make Newham Your Home
Newham Village Fete
City Farm
Hobbies & Crafts
Fostering
Festival of Food
Adult Social Care
Newham at the Seaside
Rancliffe Road
The Bowling Green
Cabaret Tent
Bar
Beer Garden
Community Neighbourhoods
Healthy Living
Best Start in Life
Youth Hub
Gardening groups
activeNewham
Sports Pitch
Sports Pitch
Sports Pitch
Park Lives
The Big Freeze
Children's Play Area
Newham's Every Child Programme
Children's Stage
Lost Children
Children and under 5s area
Baby change/ bottle warming facility
Ornamental Garden
Rancliffe Road
Funfair
EXIT ONLY
Fence
Toilets
Catering Outlets
Drinking water
Information point

Guide to a **summer** of fun

A feast of fun and excitement is on offer for Newham's young residents this summer with the launch of the biggest ever Newham Council annual summer activity guide.

The brochure is packed with 100 pages of activities, many of which are free, available to children and teenagers between July and September. These include fun and educational summer school courses, sports taster sessions, summer reading challenges, events in the borough's parks and community centres, as well as activities for the whole family.

It also contains information on the range of free annual community events put on by the council to bring people together, including the Mayor's Newham Show in Central Park, East Ham, on Saturday 9 July and Sunday 10 July, and the four-day music extravaganza Under The Stars from Thursday 18 August to Sunday 21 August.

Young Mayor of Newham Alex Jarrett said: "With so many activities available this summer there is no excuse for any young person to be bored over the summer break.

"The wealth of events Newham stages each year are enjoyed by thousands of people and with this year's guide being bigger and better than before this summer promises to be no different."

Children can find out how to grow their own vegetables, write poetry, or play

chess at a range of special workshops run through the council's eight Community Neighbourhood Teams. They will also be encouraged to take part in the Summer Reading Challenge 2016.

Schools across the borough have been given brochures and copies are available in community neighbourhood centres and youth zones and online at **www.newham.gov.uk/summerschool**

LV Lee Valley
For nature, sport and discovery

16 and 17 July
14:00 – 16:00

Play tennis for free

at Lee Valley Hockey and Tennis Centre

Smash, volley and serve up an ace at our fantastic free sessions for children of all ages.

Find out more at
visitleevalley.org.uk/whatson
Queen Elizabeth Olympic Park, London E20 3AD

GREAT BRITISH TENNIS WEEKEND

FREE
Just turn up and play

London Borough of Newham
MANOR PARK
COMMUNITY NEIGHBOURHOOD

Diabetes Support Club

Manor Park Library, 685-691 Romford Road, E12 5AD
15 July, 19 August, 16 September and 21 October, 5.30-7pm

Do you have diabetes or are you concerned that you might develop diabetes?

Get friendly advice from health professionals about managing diabetes, plus healthy lifestyle tips to help reduce your risk of developing the condition.

FREE

To book your place or for more information:
Email: **zakir.adam@newham.gov.uk**
Call: **020 3373 0858 or 07812 675 213**

Newham London

Newham London

Let your property.

No commission, no fees, no hassle.

Newham Council URGENTLY requires more properties to rent. We can offer:

- **Up to £3,000 cash subsidy towards rent plus a deposit bond to the value of six weeks rent**
  OR
- **A cash deposit and rent in advance**

A FREE carbon monoxide detector will be provided for every property used.*

We will pay £200 to reserve your property.

If you have properties available or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply Team now.

Telephone: 020 3373 1149 Email: PRSsupply@newham.gov.uk
www.newham.gov.uk/privatelandlords

*Quote NMPRS

See legendary Bolt's return, **for free**

Last month Newham Council gave 36 residents the chance to see rock legends AC/DC perform at the former Olympic Stadium, free of charge. Now, as part of our commitment to offer residents opportunities to enjoy such events for free, we are offering 50 pairs of tickets to see the legends of the track Usain Bolt and Mo Farah.

Bolt will be appearing at the Stadium on Friday 22 July and Farah on Saturday 23 July to take part in the Müller Anniversary Games. Both athletes will take to the track in what will be their final races before the Olympic Games in Rio.

The Müller Anniversary Games is one of the best athletics meetings in the world and one of the showpiece events in the British sporting summer. Staged at the former Olympic Stadium on 22-23 July, the event will provide the final races for many of the world's best athletes before they head to the Olympic and Paralympic Games.

Mayor Sir Robin Wales has secured 50 pairs of tickets to the Müller Anniversary Games for Newham residents for free. Twenty-five will be for the Friday session and the remaining 25 for the Saturday.

To be in with a chance of winning you will need to successfully answer the following question:

Q. Can you name the "world's fastest man" who has confirmed he will be running the 200m race on Friday 22 July at the Müller Anniversary Games in the Stadium?

All entrants must live in Newham and proof of address must be shown on collection of the tickets. The competition will run from 9am Friday 1 July until midnight Friday 15 July. Applicants must state the session they would like to attend. Winners will be selected at random.

To enter the competition, complete the form available here: **www.newham.gov.uk/mayorsfreegiveaway**

Usain at the former Olympic Stadium

SUMMER COLLEGE
25 JUL – 12 AUGUST 2016

STRATFORD EAST .com THEATRE ROYAL STRATFORD EAST
...a people's theatre

Theatre Royal STRATFORD EAST

Calling young artists aged 13 – 24 years
Do you have ideas you want to develop?
Are you a creative person?
Or are you just curious about theatre?

If you are (or want to be) an actor, producer, composer, director, designer, poet or writer then our Summer College is for you!

Our flexible college gives you the choice. Pick from a wide range of practical workshops with professional artists and talks with cultural leaders, all set to enhance your skills and give you further insights into working in the arts and creative industries. We will open the theatre to you so you can also collaborate with others and develop your own work.

Take part from just ***£5.00***

For more information visit ***www.stratfordeast.com/young-people/***

Pioneer Theatres Limited
Registered Office: Theatre Royal Stratford East, Gerry Raffles Square, London E15 1BN.
Registration Number 556251. Charity Number 233801. VAT Number 233 3120 59.

Supported using public funding by ARTS COUNCIL ENGLAND

in partnership with Newham London

Tate Sharpe with his mum Simone, Sir Robin Wales, former Olympian Brendan Foster, 2016 Games hopefuls Adelle Tracey and CJ Ujah

Run like an Olympian

Newham Council is committed to getting residents to enjoy activities for free in the transformed former Olympic Stadium. Tate Sharpe, 10, and his mother Simone are limbering up for the Great Newham London Run on Sunday 17 July.

The family from Plaistow have two of the free places, arranged by Mayor Sir Robin Wales, in the 2km Family Run, which finishes on the Stadium track. They can't wait to get going.

Simone said: "The Great Newham London Run is a brilliant moment to celebrate and be proud of our borough. We can't wait to run into the Stadium together."

The family are regular visitors to Queen Elizabeth Olympic Park, where they meet friends, swim in the London Aquatics Centre and watch basketball in the Copper Box Arena, where Tate has also sung with his choir from Tollgate Primary School in Plaistow.

Simone continued: "What got left behind after the 2012 Games is a great legacy for us in Newham and it's great that we have the opportunity to be part of it. The Great Newham London Run gives you the chance to pretend you are an Olympian or a Paralympian as you go through the Stadium tunnel and come out on to the track."

Tate is excited about running in the footsteps of legends like Mo Farah and Usain Bolt. He said: "I watched the running during the Games. I'm going to feel like a star coming into the Stadium with lots of people cheering."

There are still places available in the Family Run, which is for children and young people aged five to 18 and accompanying adults, and also for the Great Newham London Run 10km event on the same day. To sign up visit www.greatrun.org/london

OUR NEWHAM

NUMBER CRUNCHERS TRIUMPH IN MATHS CHALLENGE

Three stellar number crunchers from Nelson Primary pitted their numerical skills against teams from across London to win the finals of a maths tournament.

The pupils, from Year 4 at the East Ham school, took part in the finals of the Count on Us challenge at City Hall. They took part in heats in April to qualify for the finals.

Ilaksana Ravindran, Santhosh Surenthiran and Navroop Singh

Count on Us, the Mayor's Fund for London's numeracy programme, works with schools to help young Londoners reach a level of numeracy skill that will enable them to reach their full potential, become confident mathematicians and lead them towards a brighter future.

The Count on Us Primary Challenge is part of this initiative, offering Year 4 and Year 5 pupils the opportunity to compete against their peers in a pan-London Maths tournament. This is the third year of the Primary Challenge, with more than 100 schools from across London competing for a place in the Final.

Young get money savvy

Young people at Rokeby School and Brampton Manor Academy have been receiving money management lessons to help them save and afford university.

Brampton students learn about managing money

Students at the Canning Town and East Ham schools respectively gained expert advice and tips on how to stay clear of debt during My Money Week, which ran from 13 June. The week was organised by experts from the financial education charity MyBnk who are arming 11 to 18-year-olds with budgeting and banking skills so they can understand student finance and make informed decisions about their future.

Many students said the sessions gave them information that has helped them to better understand what going to university will involve. They particularly enjoyed the activities that taught them how to budget.

The project, supported by Prudential plc and the Chartered Accountants' Livery Charity, is helping thousands of young people in London's poorest areas.

FIRE BRIGADE LAUNCHES CADET SCHEME

The London Fire Brigade's Fire Cadets programme is looking to recruit young people aged 14 to 17 to take part in their 2016/17 course.

The programme offers teenagers an opportunity to work alongside the London Fire Brigade, as well as the chance to work towards a BTEC Level 2 qualification in fire and rescue service.

Those who sign up can look forward to fun and learning new skills from serving firefighters and volunteers. They will also gain the confidence to interact with their community and share the message of fire safety and good citizenship.

To apply you must be aged between 14 and 17 and need to commit to attending Plaistow Fire Station one evening a week on a Thursday from September from 6-9pm.

If you are a young person who is up for a challenge, wants to be part of something new and exciting, learn new skills like problem solving and working as part of a team then apply now, as spaces are limited.

If you are interested, email **lfbfirecadets@london-fire.gov.uk.**

The fire brigade wants to recruit cadets

Elderly enjoy picnic for Royal birthday

Staff joined in with singing and dancing as a group of elderly Newham residents celebrated The Queen's 90th birthday at Bonny Downs Community Association.

They tucked into a picnic lunch, followed by cakes and drink. This was followed by dancing to music from across the decades, with line dancing proving to be particularly popular.

The event, which was held at the Well Community Centre in Vicarage Lane, East Ham, was designed to allow over 50s residents the chance to get out for the day and interact with other people. It was attended by 75 people who also took part in a raffle and a quiz about The Queen as they celebrated her 90th birthday.

Bonny Downs Community Association is a community-led charity that has been serving the residents of East Ham since 1998.

Two of the guests

Festival of Voices for late head teacher

A Festival of Voices will be held as a memorial for head teacher Angela Taspcott, who was in charge of Ranelagh Primary School. Although the event is an annual collaboration of five Newham schools, it was always one of Angela's favourites, and will be staged as a memorial to her.

Staff and pupils from St Helen's, Britannia Village, Star, St Joachim's and Ranelagh primary schools will be taking part in the concert.

The Festival of Voices will be held on Monday 11 July, at 7pm at Hackney Empire. Money raised at the concert will be donated to Angela's chosen charity, Bowel Cancer Research.

Mother of two, Angela, 51, died after a short battle with cancer. Colleagues have paid tribute to her, highlighting her commitment to improving the lives of her pupils, particularly through experiences outside school.

Tickets are available from the school office at Ranelagh Primary. Call 020 8534 4364.

Angela Tapscott

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

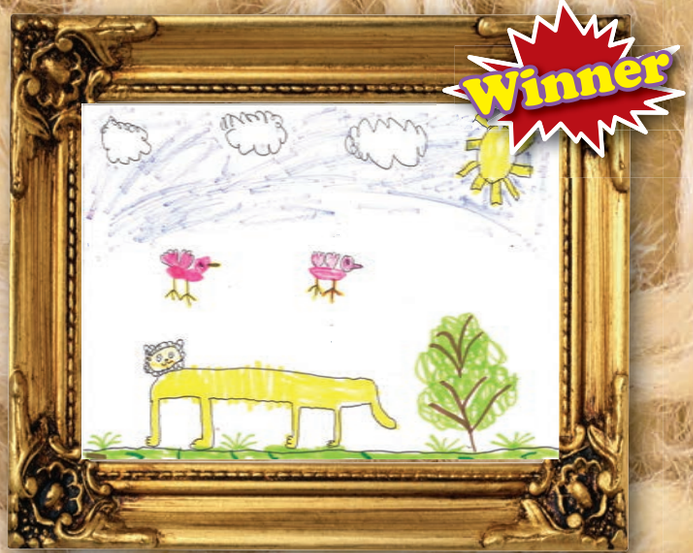
Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

GALLERY

Cheryl Princess, 6

Aditya Ramanan 7

Faria Karim, 9



Saffron Farmer, 7

Win free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.

Stratford Picturehouse, Theatre Square, E15

Colour-me-in Wordsearch

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Fields
Fleece
Flock
Lamb
Livestock
Mammal
Milk
Mutton
Pasture
Shearing
Sheep
Wool

Poem

My Newham

Newham is the place that you want to be
Newham is the place for you and me
Newham is blessed with amazing sights
At Westfield Stratford, shop 'til you drop

You can often get away via London City Airport
Or by ferry, Underground, DLR or the bus
To Docklands Museum, West Ham Stadium or Queen Elizabeth Olympic Park
Newham is linked from ABC-Z

I love the library where I love to read
In East Ham, Beckton etc, they are all so fun
Have you been to Central Park when the circus is on?
All the kids have a blast and the adults as well

Newham schools are just the best in learning and sports
Determined kids make the world a better place
Oh I love Newham; it's the place to get a life
So help me Lord to make Newham a better place

Max Uguly, 10

FIVE PAGES OF ACTIVITIES **MOSTLY FREE, ALL FUN**

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1. **Hawaiian theme party** – unwind for the afternoon, relax to the sounds of Hawaii and enjoy tropical flavours on Saturday 16 July, from 2-4.30pm. at Play, Sow and Grow, 6 Gay Road, Stratford, E15. Call 020 8522 7337 for more details.

2. **Children's Chess Club** – free club to get youngsters aged 8 to 16 interested in the game. Thursdays, 5-6pm at Custom House Library, Prince Regent Lane, E16.

3. **Summer Picnic** – Pack a picnic and sunscreen for a summer's afternoon out with the family. There will be games and activities to get involved in at West Ham Park on Sunday 17 July, from 2-5pm, in Upton Lane, Forest Gate.

THE BIG FRIENDLY READ

The 2016 Summer Reading Challenge runs from 16 July to 13 September at libraries across Newham.

Taking part is easy and the aim of the challenge is for children to read six library books of their own during the summer holiday. To see the full programme go to **www.newham.gov.uk/readingchallenge**

TRY SOMETHING NEW... EARLY TALK

Enjoy an introduction to singing with your little ones to help support early communication and brain development. Tuesdays, 9.30-11.30am, Plaistow Library, North Street, E13.

Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library
Introducing toddlers to borrowing toys. Thurs, 11-12noon, Beckton

Storytelling
Mon 11-11.45am, Tues 10.30-11.30am, Beckton; Tues 10.30-11.30am, Thurs 2-3pm, Plaistow; Sat 11.30am-12noon, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am; Thurs, 10-10.30am, Tues, 10.30-11.30am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.30am, Custom House; Tue, 10.30-11.15am, The Gate

Stay and Play
Support for parents and carers to develop their child through play. Tues, 9.30-11.30am, Jeyes C.C; Thurs, 1.30-3.30pm, Jack Cornwell C.C; Weds, 10am-12noon, Sat, 11am-1pm, Stratford;

Jiggaree Session
Fri, 10-11am, Plaistow

Reading Together
Thurs, 2.30-3pm, Custom House

Rhyme Time
Mon, 2.45-3.30pm; Tues, 10.30 –11.15am, North Woolwich

Bumps and Babies
Fri, 1.30-3.30pm, The Gate; Mon, 1-3pm, Beckton Globe

Active Tots
Developing children's fitness through fun active play, games and activities. Thurs, 1-2pm, Stratford

Music and Movement
Children and parents/carers get active using different types of dance and musical instruments. Mon, 1.30-2.30pm, Stratford

Baby Club
A fun and interactive session for parents and carers of babies under 18 months. Mon, 9.30-11.30am, Stratford

Play focus
Fun, interactive session for children. Thurs, 9.30-11.30am, Stratford

YOUNG PEOPLE

Games Club (7-16yrs)
Sony PS3, XBox360, Nintendo Wii, board games and more. Thurs, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; 5-7pm, Beckton Globe (5-12yrs); Fri, 4-7.30pm, Green St

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone
Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Just Dance!
Sat, 5.30-6.30pm, Green St

Family Movie Club
Free films for all the family. Fri, 5.30-7pm, Manor Park; Sat, 4-5.30pm, Green St

Homework Club
Fri, 4-5pm, Beckton; Fri, 4-6pm, Canning Town; Fri, 4-5pm, East Ham; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow Library; Mon, 4-6pm, Sat, 1-3pm, Stratford; Sat, 10.30-12.30pm, The Gate; Sat, 2-3pm, Green St

Children's Movie Club (5+)
Thurs, 4-7pm, North Woolwich Tues, Sat, 4.30-6.30pm, Manor Park; Thurs, 4-6pm, The Gate

Board Games Club
Tues, 4-5pm, Sun, 1.30-2.30pm, Stratford; Wed, 6-7.30pm, Manor Park; Sat, 11am-12noon, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

Young People's Positive Activities (9-19yrs)
Weds, Fri, 7-9pm, Harold Road Centre; Weds, Thurs, 5.30-8.30pm, Katherine Rd C.C.

Family Film Night
Sat, 5.30-7.30pm, East Ham

Crafty Challenges
Fri, 5.30-6.15pm. All ages welcome, East Ham

1st Stratford Brownies (7-10 yrs) Girls only children's group. Weds, 6-7:30pm, Play Sow and Grow, 6 Gay Rd, Stratford, E15 2RN, £20 per term (10 weeks). Email guidinginstratford@outlook.com

East Ham Performing Arts
Fri, 6.30-7.30pm. All ages welcome, East Ham

Family Fun Night
Family fun with arts and crafts to games and quizzes. Weds, 5.30-7.30pm, East Ham

East Ham IT Youth Zone
Free support in using IT for homework, coursework. Mon, 4-7pm, East Ham

ACTIVITIES AND SUPPORT

Afternoon tea
Weds, 4-5.30pm, Canning Town

Chess Club
Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate; Thurs, 5-7pm, Custom House; Weds, 3.30-5pm, Plaistow

Coffee Mornings
Tues, 11.30-1pm, Beckton; Mon 11-12.30pm, North Woolwich; Thurs, 10.45-12noon, Canning Town; Tues, 11-12.30pm, Custom House

Do It Online (18yrs+)
Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Rd C.C; Tues, 2-3.30pm, North Woolwich; Weds, 2-3.30pm, Beckton Globe; Thurs, 1.45-2.45pm, Custom House; Weds, 10am-12noon, Plaistow

Knit & Natter (16yrs+)
Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow

ICT Surgery IT advice for all ages. Fri, 2-4pm, Canning Town

ICT Drop-in Session
Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; Fri 10.30am-12.30pm, Green St; Weds, 10.30-12noon, Stratford

Deafroots Deaf Club
Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242 778.

Life in the UK Classes
12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St; Tues, 12noon-2pm, Stratford

ESOL for Beginners
Tues, Fri, 1-3pm, Plaistow; Tues, Fri, 9.30am-12.30pm, Jack Cornwell C.C; Weds, Thurs, 9.30am-2pm, Katherine Rd C.C. Call 020 8548 9825 to enrol. Mon and Weds, 9.30am-3pm, Beckton C.C.

ESOL for Absolute Beginners Weds, 9.30am-2pm, Katherine Rd C.C

Ballroom Dancing (18yrs+) Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

Citizens Advice Sessions
Advice sessions on money management, energy saving and debt. Appointment only. Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course More than 500 free courses. Sat, 11am-12.30pm, Manor Park

Basic Computer Skills Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop
Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

Stratford London Toastmasters Public speaking & leadership club. 1st and 3rd Monday of each month, 6-8pm, Stratford

Embroidery Group
Thurs, 10.30am-12.30pm, Manor Park

International Lunch Club
Cost £3 per meal. First come, first served. Mon, 12noon, Beckton C.C.

Docklands Drop-In Group
Weds, 1-3pm, Beckton C.C.

Chai and Chat Women Group (18+) For women who use mental health service only. Weds, 10.30-12.30pm, Plaistow

BPCA Day Care Centre
For people with multiple disabilities. Mon-Fri, 9am-4pm, Beckton C.C.

Get Connected
Bring your own device. Weds, 1-2pm, Green St

English Conversation Club
Mon, 6-7.30pm, Manor Park; Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Mon, 11-12noon, East Ham; Weds, 10.30-11.30am, Beckton Globe; Sat, 10-12noon, Stratford; Mon, 10-11am, Plaistow

Model Train Workshop
Mon, 12.30-3.30pm, North Woolwich

Martial Arts (7-12yrs)
£2. Tues, 6.45-7.45pm; Thurs, 4.45-5.45pm, Beckton Globe

Basic English for Beginners Mon, Weds and Thurs, 10.30-11.30am, Green St

Acupressure
Relieve physical and medical problems with pressure points. Age: 16+, £5 per session. Sat, 1-3pm, Plaistow Library

Family Support Drop in
(Term Time). Speak to our Family Support Team about any issues affecting your family life. Fri, 1-2.30pm, Stratford

National Careers Service
Advice on different careers and qualifications. To book appointment, call 07415241941.1st and 3rd Thurs of the month, Stratford

Knitting Course (16+)
Registration required through Newham Adult learning 020 8257 4680. Course fee applies. Mon, 12noon-2pm, Stratford

Dressmaking Course (16+) Beginners
Registration required through Newham Adult learning 020 8257 4680. Course fee applies. Mon, 10am-12noon, Stratford

Poetry Group (16+)
Fun and practical art class (poetry focus). For more info email sonesquin@hotmail.com Weds, 11am-1pm, Stratford

Creative Writing Course(16+) Must register with Newham Adult learning 020 8257 4680. Course fee applies. Sun, 2-4pm, Stratford

ESOL Entry 2 (16+) ESOL language classes for adults seeking to improve their English language. Register with Newham Adult Learning Service ESOL Team 020 3373 0755. Tues, Fri, 9.30am-12noon, Stratford

Embroidery Course (Beginners 16+)
Must register with Newham Adult learning 020 8257 4680. Course fee applies. Tues, 1-3pm, Stratford

Adult Reading Groups
Come and talk about your favourite books, and discover new writers! Thurs, 7 July, 6.45-7.45pm, Plaistow

Creative Writing
Thurs, 7 July, 6.30-8pm, Beckton Globe

Together We Can
Fortnightly social group for adults, under 50, who've had a stroke. Fri, 8 July, 2-4pm, Plaistow

Workplace Drop-Ins
For Newham residents seeking employment to discuss job vacancies, training etc. Weds, 13 July, 2-4pm, Stratford. For more information email: rehana.b@newham.gov.uk Thurs, 7 July, 2.30-4pm, Canning Town

Oral Health Drop-in
Thurs, 7 July, 3-5pm, The Gate.

Grants Surgery
Drop in for guidance and to find out more about applying for "Lets Get the Party Started" and "Go for it" grants. Thurs, 14 July, 4-6pm, Manor Park; Mon, 4 July, 3.30-5pm, Green St; Tues, 11-12noon, The Gate

Decorate Plaistow Library Help us decorate Plaistow Library in preparation for this year's Summer Reading Challenge. Materials provided. Everyone welcome. Fri, 3.30-5pm, until 15 July, Plaistow

Employment Fair (16+)
For Green Street Neighbourhood residents to talk to local employment agencies for help in finding work. Thurs 14 July, 3-6pm. Elmhurst Primary School, Upton Park Rd, Forest Gate

COMMUNITY ACTIVITIES

Mums2be Meetup
Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies
Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police Cadets (10-12 yrs, term time)
Weds, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs) Weds, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

Newham Super Choir
Tues, 10.30-12noon, Beckton C.C, £3.50, 1st session free

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Boxing and Self Defence (16+) Tues, 5.15-6.15am, Jack Cornwell C.C

Street Self Defence
12 week course. Weds, 6.45-8pm, Altmore Infants School, Altmore Ave, E6 2BX. Call 07484 326 853 for more details

HEALTH AND FITNESS

Salsa Dancing (18yrs+)
Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class
Fri, 10-11am, Beckton C.C. Fri, 11am-12noon, The Gate. Fri, 5-6pm, Beckton Globe

Yoga
Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1. Thurs, 6-7.45pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Sat, 10am-12noon, Plaistow; Thurs, 6.30-7.30am, Grassroots; Mon, 6-7pm, Beckton Globe; Weds, 6-7.pm, East Ham, £1

Tone-Tastic
18+ Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C.

Aerobics
Tues, 9.30-10.30am, Jack Cornwell C.C £2

Keep Fit to Salsa (18+)
Tues, 11.45am-12.45pm, Field C.C; Mon, 3.15-4.45pm, Beckton C.C. Sat, 2.30-5pm, The Gate

Zumba
Tues, 10.30-11.30am, Field C.C; Mon, 9.30-10.30am, £3; Fri, 9.30-10.30am, £2, Jack Cornwell C.C; registration essential, contact bodyshapefitness@gmail.com, Tues, 5-6pm, mixed; Thurs, 10-15-11.15am, women only, £2.50, Stratford; Fri, 12.30-1.30pm, for over 50s, The Hub; Thurs, 4.30-5.30pm, Plaistow

Bollywood Exercise Class (14+) Sat, 11am-12noon, Katherine Rd C.C.

Slimming World Mon, 5.30-9pm, Beckton C.C. £5

Hatha Yoga Fri, 10.45am-12.15pm, Jack Cornwell C.C. Over 18s, £3

Walking Group
Fun walk, warm up games and cool down with light refreshment. All ages. Meet at the library. Sat, 10am-11am, Plaistow

Park Life Walks
Free guided walks to local parks. All ages and abilities, families welcome. Mon, 10.30, Green St; Weds, 11.30-12.30pm, The Gate

50+ ACTIVITIES

Bingo (50+yrs)
Mon, 1-2pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN
Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group Weds, 12noon-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C. C.

Dominos Group Fri, 6-10pm, Field C.C

Chair Based Yoga Tues, 12.30-1.30pm, Manor Park

Forever Young Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Happy Living Club Indoor and outdoor activities. Tues, Weds 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club Weds, 12.30-1.30pm, Manor Park

Walking Football Tues, Sat, 10-11am, Flanders Field, E6 2SG. Email mark.blythe@bonnydowns.org or call 020 8586 7070.

Steel Pan Music Therapy For people with learning and physical disabilities, dementia and stroke. Fri, 11.30am-1.30pm, Beckton C.C

Get Active, Get Healthy, and Exercises for Fitness Thurs, 11-12noon, Jack Cornwell C.C.

Line Dancing Weds, 12.15-1.15pm, £2.50, Well Community Centre, East Ham

Get Active, Get Healthy – Walk to the Park Mon, 10.30-11.30am, Manor Park Library

Backsercise Tues, 6-7pm, The Gate

Drop-in Embroidery Class Mon, 11am-1pm, East Ham

Get Active Get Healthy, Zumba/Salsa For men and women aged 50+. Thurs, 10-11am, until 29 Sep, Barking Rd Community Centre.

Health and Well Being Tips for healthy diet & cooking. Thurs, 9 June-4 Aug, 3-4.30pm, 3.30-4.30pm, Jeyes C.C

Get Active Get Healthy,

Line Dancing and Folk Dance Suitable for all levels, open to men and women. Thurs, 11am-12noon, Barking Rd C.C until 29 Sept

Taste of Fitness Taster sessions in a range of fun exercise styles. Suitable for all levels, men and women. Thurs, 6-7.30pm, East Ham

Community Food Growing Project Come and grow food together in our new community growing space. Meet at the library Weds, 10am-12noon, East Ham

Community Cooking Project Six-week course. Learn to cook tasty and nutritious dishes. Advance booking is required. Contact site for more information. Weds, 11-45am-1.15pm, East Ham, £6 for the course

Tea and Games Weds, 1-3pm, Jack Cornwell C.C.

GREEN

Green Gym Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering Tues and Thurs, 10am-2pm Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes Gardening Club Fri, 11am-1pm, Bowling Green,Central Park, High St South, E6

Grow Together Be Together Community Gardening Club Weds, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

Community Gardening Tues, 11.30am-2.30pm, St John's Green Community Garden

DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+) A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+) Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Female Boxfit (14yrs+) Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs) Tues, 4-5.30pm, Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs) Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+) Weds, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Modern Arnis Martial Arts (16yrs+) Tues, 5-6pm, Jack Cornwell C.C. Ring 07473 030 250

Female Only Gym Sessions Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

Abs Blast (11-15yrs) Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Fun Female Fitness **(14yrs+)** Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Netball (14yrs+) Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs) Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

Athletics (8-18yrs) Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Swim for Families Dealing with Autism Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Family Swims Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

RUNNING

Beckton Park Run Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England £2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). Sat, 10-11.30am,

Memorial Park, E15, £4 (meet at car park). Call 07718 394 874.

SPORTS

Cricket (14yrs+)
Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269 226

Lister Table Tennis Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call 07888 830 179

Indoor Cricket (8-16yrs)
Weds, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Newham and Essex Beagles Athletics Club
Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses (4-16yrs) Tues: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Rd, E6 2RT. Thurs: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Ln, E13 8SD. Sat: 4-5pm, 5-6pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

Adult Tennis (16+) Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

Table Tennis (14yrs)
Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham College (14yrs+)
Thurs, 5.30-7pm, East Ham Leisure Centre
Email: sports@newham.ac.uk

FOOTBALL

AIR Football (16yrs+)
Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics
Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports
Mon, 4-5.30pm, Newham Leisure Centre, E13.
Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football
Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL

Basketball & Multi Sports
Fri, 5-6.30pm, 8-19yrs, Snowshill MUGA, Snowshill Rd, E12

Basketball Sessions
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League
Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16.
Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball
Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Basketball (14yrs+)
Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB.
Email: sports@newham.ac.uk

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

Weds, 6 July, 6.30pm, Investment & Accounts
Mon, 11 July, 7pm, Council

CONTACT THE MAYOR

Here to Help sessions
Please register for surgery 30 minutes before it starts.
Thurs, 7 July, 11am, Old Town Hall, Stratford

Telephone Surgery
Weds, 13 July: Please call 020 8430 2000 between 10-11am.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 6-8 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies 020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road, E12, 020 8911 9494
The International Quarter Marketing Suite Celebration Avenue, E20 1DB

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 Manor Wy, E6, 020 7511 1214
East Ham Market Hall Myrtle Rd, E6 1HY, 01708 740 092
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 3373 2205
Katherine Rd Community Centre 254 Katherine Rd, E7, 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6, 020 7474 1687
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
Harold Rd Centre 170 Harold Road, E13 0SE, 020 8472 2805
Queens Market Green St,E13
Rabbits Rd Institute 835 Romford Rd, London E12 5JY
Royal Docks Learning Activity Centre Albert Rd, North Woolwich, E16 2JB
St John's Green Community Garden Albert Rd, North Woolwich E16 2JB

All listings may be subject to change. Please contact individual events and activities before attending.

Newham London

UNDER THE STARS

FOUR NIGHTS OF FREE LIVE OUTDOOR MUSIC

THURSDAY 18 AUGUST

JUNIOR MARVIN'S ★ WAILERS ★

THE LEE THOMPSON SKA ORCHESTRA

CARROLL THOMPSON

FRIDAY 19 AUGUST

JAZ DHAMI

IMRAN KHAN

ZACK KNIGHT

HEMINA SHAH

HOSTED BY TOMMY SANDHU & DJ SACHY

SATURDAY 20 AUGUST

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ALEXANDER O'NEAL

HEATWAVE

SUNDAY 21 AUGUST

ROYAL PHILHARMONIC ORCHESTRA

FIREWORKS GRAND FINALE

Central Park, East Ham, E6 | Gates Open 6.30pm daily

Visit www.newham.gov.uk/uts

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No parking on site, please use public transport. You may be searched as a condition of entry.
No glass bottles or dogs allowed on site. Programme subject to change.

Mayor of Newham

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The MAYOR'S NEWHAM SHOW

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